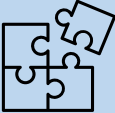








Health Visitor Newborn Behaviour Observation

An Early Language and Communication Improvement

Story Board from NHS Lothian

 The issue	 The team	 Our idea
<p>Giving Infant's a Voice.</p> <p>Health Visitors are integral at ensuring the infants voice is heard.</p> <p>HVs have identified they don't have a tool to promote the infant voice and the parent and infant relationship in the crucial first weeks of life.</p> <p>Parents/carers often report that they don't feel confident to read their baby's cues.</p>	<p>NHS Lothian's Parent and Infant Relationship Service (Infant Mental Health)</p> <p>MDT – Clinical Psychology, Specialist HV, Specialist OT and Therapeutic Social Worker.</p> <p>Working in partnership with HVs in different localities.</p>	<p>To provide HVs with a tool to communicate their observations of the infant within parent infant dyad.</p> <p>Using the tool to increase parents/carers' confidence to read their baby's cues and states.</p> <p>The tool would help build a trusting, therapeutic relationship between HV and parents/carers.</p>
 Tools & resources we used.	 What we did	 The impact
<p>Newborn Behavioural Observation Tool (NBO) (Brazleton).</p> <p>Protected CPD time to attend 2-day training course (online).</p> <p>HVs provided with online resources and a textbook with support from PAIRS and Brazleton UK.</p> <p>Websites, videos and literatures to share with families to facilitate effective conversations centring infants' voice.</p>	<p>PAIRS liaised with CNMs and facilitated training for 11 HVs across NHS Lothian.</p> <p>Mix of NES funding and Lothian PAIRS Year 1 underspend.</p> <p>PAIRS provided support to get HVs accredited in NBO.</p> <p>Evaluation of how HVs used the tool including perceived impact, benefits and barriers.</p>	<p>The project is still in its infancy and the impact is being monitored.</p> <ul style="list-style-type: none"> • Benefits: • Early feedback is positive – relative to job role, improving communication and therapeutic relationships • HVs have all reported benefits including at using the tool during the 6-week check • Challenges: • Balancing UHVP visits and accreditation requirements
 Our learning & next steps	<ul style="list-style-type: none"> • Ensuring all HVs achieve accreditation. • Continued evaluation. • In-depth interviews planned with HVs involved in NBO training. 	



Find out more

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- loth.pairs@nhs.scot
- [Parent and Infant Relationship Service \(PAIRS\) – NHS Lothian | Our Services](#)
- [NES - Early Intervention Framework - The Newborn Behavioural Observational \(NBO\) System \(nhs.scot\)](#)
- <https://youtu.be/mqtqXEWFlyY>